

January Menu

	1/6	1/7	1/8	1/9	1/10	
	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	
	Whole Grain Breakfast Pizza	Whole Grain Breakfast Burrito	Whole Grain Breakfast Pizza	Low Fat Yogurt Parfait	Whole Grain Banana Bread Slice	
	Whole Grain Bagel with Cream Cheese	Whole Grain Pancakes	Whole Grain Cinnamon Oatmeal Round	Whole Grain Concha	Whole Grain Turkey Pancake Wrap	
	<u>Lunch</u>	<u>Lunch</u>	Lunch	<u>Lunch</u>	<u>Lunch</u>	
	Whole Grain Chicken Tenders	Whole Grain Taco Nada	Turkey or Beef Whole Grain Hot	Whole Grain Cheeseburger	BBQ Chicken Whole Grain Pizza	
	Whole Grain Corn Dog	Whole Grain Cheese Stuffed	Dog	Whole Grain Quesadilla	Pepperoni Whole Grain Pizza	/
	Whole Grain Peanut/Sunbutter &	Breadsticks	Whole Grain Mac & Cheese	Chef's Salad with Roll	Cheese Whole Grain Pizza	
	Jelly Sandwich	Tuna Salad Whole Grain Sandwich	Whole Grain Turkey-Ham & Cheese Sandwich			
	1/13	1/14	1/15	1/16	1/17	
	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	
	Whole Grain Breakfast Pizza	Whole Grain Breakfast Burrito	Scrambled Egg with Turkey	Low Fat Yogurt Parfait	Whole Grain Cinnamon Bun	
	Whole Grain Bagel with Cream Cheese	Whole Grain Pancakes	Bacon Whole Grain Cinnamon Oatmeal Round	Whole Grain Concha	Whole Grain Turkey Pancake Wrap	
	<u>Lunch</u>	<u>Lunch</u>	Lunch	<u>Lunch</u>	<u>Lunch</u>	
1	Whole Grain Chicken Sandwich Plain or Spicy	Whole Grain Chicken Corn Dog Whole Grain Grilled Cheese	Whole Grain Spaghetti with Meat Sauce	Pulled Pork with Whole Grain Tortilla or Brown Rice	Ham & Pineapple Whole Grain Pizza	
-	Whole Grain Bean & Cheese Burrito	Sandwich	Whole Grain Bean & Cheese	Whole Grain Cheese Tamale	Pepperoni Whole Grain Pizza	
	Whole Grain Turkey & Cheese Wrap	Chicken Caesar Salad with Roll	Pupusa Whole Grain Turkey-Ham &	Chef's Salad with Roll	Cheese Whole Grain Pizza	•
			Cheese Sandwich			
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	1/20	1/21 Breakfast	1/22 Breakfast	1/23 Breakfast	1/24 Breakfast	
	1/20	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	
	1/20					
	NO SCHOOL	Breakfast Whole Grain Breakfast Burrito	Breakfast Whole Grain Breakfast Pizza Whole Grain Cinnamon Oatmeal	<u>Breakfast</u> Low Fat Yogurt Parfait	Breakfast Whole Grain Banana Bread Slice Whole Grain Turkey Pancake	
	NO SCHOOL	Breakfast Whole Grain Breakfast Burrito Whole Grain Pancakes	Breakfast Whole Grain Breakfast Pizza Whole Grain Cinnamon Oatmeal Round	Breakfast Low Fat Yogurt Parfait Whole Grain Concha	Breakfast Whole Grain Banana Bread Slice Whole Grain Turkey Pancake Wrap	
	NO SCHOOL	Breakfast Whole Grain Breakfast Burrito Whole Grain Pancakes Lunch	Breakfast Whole Grain Breakfast Pizza Whole Grain Cinnamon Oatmeal Round Lunch	Breakfast Low Fat Yogurt Parfait Whole Grain Concha Lunch	Breakfast Whole Grain Banana Bread Slice Whole Grain Turkey Pancake Wrap Lunch	
	NO SCHOOL	Breakfast Whole Grain Breakfast Burrito Whole Grain Pancakes Lunch Whole Grain Taco Nada	Breakfast Whole Grain Breakfast Pizza Whole Grain Cinnamon Oatmeal Round Lunch Turkey or Beef Whole Grain Hot	Breakfast Low Fat Yogurt Parfait Whole Grain Concha Lunch Whole Grain Cheeseburger	Breakfast Whole Grain Banana Bread Slice Whole Grain Turkey Pancake Wrap Lunch BBQ Chicken Whole Grain Pizza	
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	NO SCHOOL	Breakfast Whole Grain Breakfast Burrito Whole Grain Pancakes Lunch Whole Grain Taco Nada Whole Grain Cheese Stuffed Breadsticks Tuna Salad Whole Grain	Breakfast Whole Grain Breakfast Pizza Whole Grain Cinnamon Oatmeal Round Lunch Turkey or Beef Whole Grain Hot Dog Whole Grain Mac & Cheese Whole Grain Turkey-Ham &	Breakfast Low Fat Yogurt Parfait Whole Grain Concha Lunch Whole Grain Cheeseburger Whole Grain Quesadilla	Breakfast Whole Grain Banana Bread Slice Whole Grain Turkey Pancake Wrap Lunch BBQ Chicken Whole Grain Pizza Pepperoni Whole Grain Pizza	
	NO SCHOOL	Breakfast Whole Grain Breakfast Burrito Whole Grain Pancakes Lunch Whole Grain Taco Nada Whole Grain Cheese Stuffed Breadsticks Tuna Salad Whole Grain Sandwich	Breakfast Whole Grain Breakfast Pizza Whole Grain Cinnamon Oatmeal Round Lunch Turkey or Beef Whole Grain Hot Dog Whole Grain Mac & Cheese Whole Grain Turkey-Ham & Cheese Sandwich	Breakfast Low Fat Yogurt Parfait Whole Grain Concha Lunch Whole Grain Cheeseburger Whole Grain Quesadilla Chef's Salad with Roll	Breakfast Whole Grain Banana Bread Slice Whole Grain Turkey Pancake Wrap Lunch BBQ Chicken Whole Grain Pizza Pepperoni Whole Grain Pizza Cheese Whole Grain Pizza	
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A TOTAL YOUNG TO THE TOTAL TOTAL TO THE TH	NO SCHOOL	Breakfast Whole Grain Breakfast Burrito Whole Grain Pancakes Lunch Whole Grain Taco Nada Whole Grain Cheese Stuffed Breadsticks Tuna Salad Whole Grain Sandwich 1/28 Breakfast	Breakfast Whole Grain Breakfast Pizza Whole Grain Cinnamon Oatmeal Round Lunch Turkey or Beef Whole Grain Hot Dog Whole Grain Mac & Cheese Whole Grain Turkey-Ham & Cheese Sandwich 1/29 Breakfast	Breakfast Low Fat Yogurt Parfait Whole Grain Concha Lunch Whole Grain Cheeseburger Whole Grain Quesadilla Chef's Salad with Roll 1/30 Breakfast	Breakfast Whole Grain Banana Bread Slice Whole Grain Turkey Pancake Wrap Lunch BBQ Chicken Whole Grain Pizza Pepperoni Whole Grain Pizza Cheese Whole Grain Pizza 1/31 Breakfast	
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